



Post Operative Instructions

WOUND CARE

Please follow the instructions below as marked:



- Leave dressing(s) dry and intact for days.
- After this time you may remove the outer dressing but leave the clear dressing.
- You can now shower but don't rub the wound vigorously. Gently pat dry.
- If you have excessive bleeding, apply DIRECT PRESSURE FOR 10 MINUTES. If necessary, the dressing(s) may be replaced with a similar type. If bleeding persists, ring our rooms or your GP.
- DO NOT shave or apply make-up over the sutures.
- If there is excessive redness, irritation, or any signs of possible infection ring our rooms. If you can't contact the rooms call the after hours number above or see your GP.
- If required, pain medication may be taken (not Aspirin).
- If your wound is on your arm, leg or head keep the area elevated for the first 2 days, and whenever possible until the wound is completely healed.
- No swimming or exercise until you have seen and been advised by Dr. Knox.



- Keep jelonet on for 2 – 3 days.
- Apply vaseline over surface of jelonet.
- After 2 – 3 days remove jelonet and apply vaseline to the wound.



- Leave dressing(s) dry and intact until seen by your Surgeon.
- If you have excessive bleeding, apply DIRECT PRESSURE FOR 10 MINUTES. If bleeding persists, ring Dr. Knox on 9553 9188.
- If there is excessive redness, irritation, or any signs of possible infection ring Dr. Knox.
- If required, pain medication may be taken (not Aspirin).
- If your wound is on your arm, leg or head keep that limb elevated for the first 2 days, and whenever possible until the wound is completely healed.

Please make an appointment to see Dr. Knox as advised.

Other:

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